

OPEN TRIP PLANNING MEETING

You are invited to come to an Open Trip Planning Meeting at the senior center on Monday, September 30th at 2:00 p.m. Come and meet the members of our Trip Committee for this year. Think about the places you would like to travel and the price ranges you would consider for day trips as well as overnight trips. If you have brochures or literature about destinations, please bring them along. We are looking for your valuable input. All ideas will be considered!

Monday, September 23

Jay Barrows' Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, September 24

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Movie Day-"Les Miserables" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, September 25

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video lecture series-"Mark Twain" 11:30 a.m.

Kohl's @ Mansfield Crossing 1:00 p.m.

Zumba (4 week session) 1:00 p.m.

Senior Supper 4:30 p.m.

Thursday, September 26

Cholesterol Clinic 9:00 a.m.

Ceramics 9:00 a.m.

Italian 1 11:00 a.m.

Men's Cookout 12:00 p.m.

Advanced Italian 1:00 p.m.

Friday, September 27

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Big E Trip 10:00 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, October 1st from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 2nd, 9th, 16th, 23rd, and 30th. Please call the senior center at 508-543-1252 to sign-up.

MEN'S COOKOUT WITH STATE REPRESENTATIVE JAY BARROWS

Join us for a delicious meal and some socialization on Thursday, September 26th at our next Men's Cookout when State Representative Jay Barrows will be our presenter. Take advantage of this opportunity to meet Mr. Barrows, chat with him and ask some questions. The men will be served at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. Women are invited and encouraged to join us at 12:30. The cost for the cookout is \$3. To participate in the cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, September 24th. As always, everyone is welcome to join us after the meal has been served for the presentation portion of the program free of charge.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on September 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, September 24th at 12:30 p.m. when our feature presentation will be Academy award-winning, "*Les Misérables*". *Les Misérables* is a deeply powerful film that's rich with raw feeling, the grittiness of life in 19th-century France, and the conflict between right, wrong, and the concept of redemption. *Les Misérables* takes viewers on an emotionally exhausting journey as it follows ex-convict Jean Valjean (Hugh Jackman) after his release from prison. Valjean breaks parole, but he is granted a second chance by a kind bishop. He then moves from place to place throughout France, trying to live an honest life while ruthless policeman Javert (Russell Crowe) hunts him relentlessly. Valjean meets the broken-spirited Fantine (Anne Hathaway), promises to care for her daughter Cosette (Amanda Seyfried) as Fantine is about to die, and finds his own life completely changed as a result of that promise. Please call 508-543-1252 to sign-up.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, September 24th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, September 25th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Meatloaf, Mashed Potatoes, Mixed Vegetables, and Cake to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

VIDEO LECTURE SERIES: "MARK TWAIN" – TIME CHANGE FOR OCTOBER

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center through November 20th from 11:30 a.m. to 12:30 p.m. except during Wednesdays in October when the time will be from 12:30 p.m. to 1:30 p.m. Hear about Samuel Clemens and his other self 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

September 25 Kohl's @ Mansfield Crossing

October 2 Christmas Tree Shops

October 9 Wal-Mart

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL/HEALTH PROMOTION CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, September 26th from 9:00 a.m. until 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make an appointment.

WHEN OLDER PARENTS HAVE TO KEEP PARENTING

When you arrive at 50, 60 years of age, or older, you might assume that your days of active parenting are behind you. However, if you are the parent of a child with a disability or illness, that break may never come. Please join others who might share similar concerns at a new group designed for parents of adult children with mental health issues, medical illnesses or physical disabilities. The next meeting will be on Wednesday, September 25, 2013 from 10:30 a.m. to noon at the Sharon Adult Center & Council on Aging, 219 Massapoag Ave., Sharon, MA 02067. The guest speaker will be Jane Desberg, Sharon Housing Authority. To register for this meeting and for more information, please contact Susan Edinger, MSW, at the Sharon Adult Center, 781-784-8000.

MEDICARE'S OPEN ENROLLMENT PERIOD

Medicare plans change every year. Don't wait until it's too late! This is the time to decide on your coverage for 2014. Medicare's Open Enrollment period is from October 15 – December 7, 2013. SHINE (Serving Health Information Needs of Elders) can help. SHINE counselors provide free Medicare counseling. Call the Foxboro senior center at 508-543-1252 for a SHINE appointment. Or you can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer

will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

BEWARE OF MEDICARE SCAMS

The Medicare Open Enrollment period is a time when there is a higher risk for fraudulent activities. If you already have Medicare, you *already have* health insurance! The new Marketplace health insurance offerings are only for people who have NO health insurance. It is against the law for someone who knows that you have Medicare to sell you a Marketplace plan. Medicare "Open Enrollment" is from October 15th to December 7th. You have always been able to change your Medicare prescription drug plan or Medicare Advantage plan during that time. If someone calls and suggests you purchase one of the new plans, it *could be* a scam! Please take down the phone number and call SHINE at **1-800-243-4363** to confirm the authenticity of the insurance offer. There are scams that cost dearly if you reveal personal information to the wrong party!

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, October 1st. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

TRAVEL AND ENTERTAINMENT **THE BIG 'E'**

Thanks to a grant from the Eastern States Exposition, we are offering a trip to The Big E in West Springfield on Friday, September 27th. We'll spend the entire day experiencing all that The Big E has to offer. There is no better place to enjoy the sights, sounds and taste tempting aromas of the fall season than at The Big E, New England's autumn tradition and the largest fair in the northeast. It's an extravaganza with top name entertainment, major exhibits, The Big E Super Circus, the Avenue of the States, New England history and agriculture, animals, rides, shopping, crafts, a daily parade, and foods from around the world. Your motorcoach will depart from St. Mary's parking lot at 10:00 a.m. You will board the bus for the return trip home at 5:30 p.m., arriving back in Foxboro by approximately 6:30/7:00 p.m. The grant covers the cost of admission and transportation, so we are able to offer this trip for just \$2.00 per person, which will cover the driver's tip. Please bring your payment along on the day of the trip. If you would like to take advantage of this fantastic offer, please sign-up by calling the senior center at 543-1252. This trip is for ***Foxboro residents only***.

PUBLIC SAFETY INFORMATION **NEW SCAM/FRAUD SCHEME**

Residents have been receiving calls from a person claiming to be a Police Officer or Federal Agent. These persons claim to have a warrant for the arrest of the resident which can only be cleared up by sending a money order or rechargeable Visa/Master card to them. The caller is extremely aggressive and will attempt to intimidate the victim into sending them money or face being arrested. Be reminded that the Police will NEVER contact anyone demanding money for any reason. These calls have been originating out of state, anyone receiving calls of this nature may file a report with the [Federal Trade Commission](#) or with the [FBI](#). If anyone has actually lost money or had their identity compromised to this or any other fraud it should be reported to the local Police. Anyone wanting more information about ongoing fraud schemes can find it on the [FBI](#) website.

TOGETHER WE'RE READY: MASSACHUSETTS PREPARED

In an effort to be prepared for emergencies, the Massachusetts Department of Public Health is launching a campaign to help you get ready. Here are the steps you can follow:

Week 1-Get Ready-Individual and Family Preparedness

Assess your family's needs. Develop a kit for shelter-in-place and evacuation. Know how to communicate with your family. Pick up your Emergency Preparedness Handbook available at the Foxborough Senior Center.

Week 2-Get Involved-Join the Response

Know you are needed no matter your skills. Sign-up and get trained. Respond if you can.

Week 3-We're all in this Together-Considerations for Individuals with Access and Functional Needs

Some of us have specific medical, transportation and communication needs. Identify needs and plan for them. If you are someone with critical needs, you can register with our Public Safety Database to be contacted in the event of a town-wide emergency, such as extended power outages or evacuation. We would like to reach all Foxborough residents who want to be identified as needing assistance in case of an emergency. Forms are available at the Foxboro Senior Center. Call the senior center at 508-543-1252 with any questions.

Week 4-Get Vaccinated-Fight the Flu

Get your shot. Wash your hands. Cover your cough. Stay home when sick.

To learn more, visit: www.mass.gov/dph/ready

SPECIAL EVENTS AND PROGRAMS

KEEP MOVING

The Keep Moving Program invites you to participate in upcoming Autumn Regional Keep Moving walks to celebrate senior fitness and to meet other walkers from around the state. The walks will take place on the dates and times noted on the registration form located at www.mass.gov/dph/keepmoving. Each walk will take place RAIN OR SHINE, so dress for the weather! For severe weather cancellation notices, please check the message at 617-624-5972 on the day of the walk. There will be 1-mile and 3-mile walking routes. There are picnic tables at each of the walk sites, so bring a picnic lunch to enjoy following the walk! Below are the walk locations and directions to the sites. All walkers will receive a complimentary gift. Please complete and return the registration by September 12, 2013. Keep Moving is supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts. Below is a listing of KEEP MOVING Regional Autumn Walks:

1. Francis William Bird Park
Rhoades Avenue, Walpole, MA
Tuesday, September 24, 2013
Meet at Rhoades Avenue entrance to park at 10:30 a.m.
2. Blackstone River and Canal Heritage State Park
287 Oak Street, Uxbridge, MA
Friday, October 4, 2013
Meet at Visitor's Center at 10:30 a.m.
3. Houghton's Pond Recreation Area
695 Hillside Street, Milton, MA
Thursday, October 10, 2013
Meet at Picnic Site 3 at 10:30 a.m.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 23

Beef Chili With Vegetables

White Rice

Whole Wheat Roll

Butterscotch Pudding

Tuesday, September 24

Shepherd's Pie
Diced Carrots
Wheat Bread
Pears

Wednesday, September 25

Happy Birthday

Pineapple & Ginger Salmon Filet
Asian Rice
Tahitian Blend Vegetables
Finger Roll
Birthday Cake

Thursday, September 26

Roast Turkey W/Gravy
Cranberry Sauce
Whipped Potatoes
Winter Squash
Whole Wheat Bread
Fresh Fruit

Friday, September 27

Whole Grain Stuffed Shells
Roman Blend Vegetables
Multigrain Roll
Peaches